

10

RECIPES *for*

INDIAN HEALING CLAY

FACE MASKS, FOOT BATHS, HAIR TREATMENTS AND MORE!



lalune
naturals

Indian Clay Mask

Feel your face pulsate with this powerful healing clay mask.

Ingredients

La Lune Naturals Indian Healing Clay
Apple Cider Vinegar

Directions

1. Mix equal parts of Indian Healing Clay with apple cider vinegar (raw, organic is best) in a bowl. You should use glass, plastic or wooden bowls and spoons - no metal!
2. Apply to face and/or body and allow to dry up to 45 minutes. Shorten drying time for sensitive skin.
3. Rinse well with warm water only. A warm washcloth helps to remove the clay completely.



Cleopatra Honey Mask



This mask is similar to a mask used by Cleopatra in her beauty ritual.

Ingredients

La Lune Naturals Indian Healing Clay
Apple Cider Vinegar
Honey

Directions

1. Mix equal parts Indian Healing Clay with apple cider vinegar, add 1 tablespoon raw honey.
2. Apply to skin, allow to dry 10 minutes and rinse with warm water.

Sensitive Healing Mask

This natural mask is perfect for sensitive skin. For a sunburn, add an additional cup of distilled water to mixture and use the liquid to ease the sting of sunburn. Omit the lavender oil.

Ingredients

La Lune Naturals Indian Healing Clay
Kukui nut oil
Lavender essential oil

Directions

1. Mix equal parts Indian Healing Clay with distilled water, 1 tsp Kukui Nut oil and 5 drops of lavender essential oil.
2. Apply to skin and let dry 10 minutes. Rinse with warm water.

On fair skin people, the face might turn slightly pink.



Spa Foot Facial



Create your own spa treatment at home with this refreshing foot facial.

Ingredients

La Lune Naturals Indian Healing Clay
Pau d'Arco Tea
Tea Tree Oil

Directions

1. Mix equal parts of Indian Healing Clay with brewed Pau d'Arco Tea and 5 drops of Tea Tree Oil.
2. Apply to feet, especially in between the toes, let dry 30 minutes
3. Rinse well in warm water.

You can substitute green tea and lavender essential oil for the ingredients listed above.

Vitamin C and Green Tea Revitalizing Mask

Feel the rejuvenating effects of vitamin C and green tea in this anti-oxidant mask.

Ingredients

La Lune Naturals Indian Healing Clay
Green Tea
Vitamin C capsule

Directions

1. Mix equal parts of Indian Healing Clay with brewed Green Tea and 500 mg of Vitamin C with bioflavonoids (open up a capsule).
2. Apply to skin, allow to dry.
3. Rinse with a warm wash cloth.



Refreshing Lemon Facial



Lemon and cucumber bring a refreshing twist to this rejuvenating mask.

Ingredients

La Lune Naturals Indian Healing Clay
Lemon Juice
Minced cucumber

Directions

1. Mix equal parts of Indian Healing Clay with distilled water, 1 teaspoon lemon juice and 1 teaspoon minced cucumber (remove peel).
2. Apply to skin and allow 20 minutes.
3. Rinse with warm water.

Energizing Clay Bath

Experience the revitalizing effects and awaken your cells!

Ingredients

La Lune Naturals Indian Healing Clay
Bath water

Directions

1. Add 1/2 cup of Indian Healing Clay to bath water.
2. Soak for 15-20 minutes.

Bath should have a creamy consistency.



Insect Bites and Bee Sting Treatment



Also good for abrasions, skin irritations, bruises, sprains, diaper rash, acne, and fungus.

Ingredients

La Lune Naturals Indian Healing Clay
Distilled Water

Directions

1. Make a thick paste of clay and distilled water, re-apply as needed.

Detoxifying Hair Mask

Detoxifying clay mask for your hair!
Leave your hair shiny and full of volume.

Ingredients

$\frac{3}{4}$ cup La Lune Naturals Indian Healing Clay
1 cup brewed herbal tea or water
 $\frac{1}{2}$ cup apple cider vinegar
10 drops of essential oil of choice (optional)

Directions

1. Brew the herbal tea and let cool slightly, make sure all herbs are strained out.
2. Pour tea and apple cider vinegar in a blender, food processor or non-metal bowl. Start adding clay a tablespoon at a time while blending or whisking to incorporate it.
3. Keep adding clay until mixture is smooth and about the consistency of yogurt. Add essential oils if using and mix in.
4. Wet hair. Starting at roots, massage a handful of the clay mixture into hair and work down to the roots. Repeat until all hair is coated. Leave 5 minutes or up to 20 minutes (do not let dry!) and rinse out with warm water.



Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
or visit www.lalunenaturals.com



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